

1. An effervescent composition comprising:
glucosamine;
chondroitin; and
an effervescent agent.
2. The effervescent composition of claim 1, wherein said composition dissolves in water to form a clear solution.
3. The effervescent composition of claim 1, wherein 7 g of said composition dissolves in from 200 mL to 400 mL water to form a clear solution.
4. The effervescent composition of claim 1, wherein said composition dissolves in water to form a substantially uniform dispersion.
5. The effervescent composition of claim 1, further comprising calcium.
6. The effervescent composition of claim 1, further comprising calcium lactate.
7. The effervescent composition of claim 1, further comprising at least 5 % by weight calcium lactate and no greater than 10 % by weight calcium carbonate.
8. The effervescent composition of claim 1, further comprising magnesium.
9. The effervescent composition of claim 4, further comprising magnesium.
10. The effervescent composition of claim 1, further comprising vitamin.
11. The effervescent composition of claim 10, wherein said vitamin is selected from the group consisting of vitamin C, thiamin, riboflavin, nicotinic acid, pantothenic

acid, pyridoxine, biotin, folic acid, niacin, vitamin B12, lipoic acid, ascorbic acid, vitamin A, vitamin D, vitamin E, and vitamin K, and combinations thereof.

12. The effervescent composition of claim 1, comprising at least 2 % by weight
5 glucosamine.

13. The effervescent composition of claim 1, comprising at least 1 % by weight
chondroitin.

10 14. The effervescent composition of claim 1, comprising
at least 2 % by weight glucosamine and
at least 1 % by weight chondroitin.

15 15. The effervescent composition of claim 1, comprising
from 3 % by weight to 25 % by weight glucosamine and
from 2 % by weight to 10 % by weight chondroitin.

20 16. An effervescent composition comprising:
glucosamine;
chondroitin;
calcium lactate;
magnesium sulfate; and
an effervescent agent.

25 17. The effervescent composition of claim 16, wherein said composition
dissolves in water to form a solution.

18. The effervescent composition of claim 16, wherein said composition
disperses in water to form a substantially uniform dispersion.

30 19. An effervescent composition comprising:

glucosamine; and
an effervescent agent,
said composition, when placed in excess water, dissolves to form at least a
substantially uniform dispersion.

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20. The effervescent composition of claim 19, wherein said composition
dissolves to form a solution.

21. A tablet comprising the effervescent composition of claim 1.

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22. The tablet of claim 21, wherein the tablet has a hardness of at least 6
kilopounds.

23. The tablet of claim 21, wherein the tablet has a hardness of from about 6

15 kilopounds to about 10 kilopounds.

24. A powder comprising the effervescent composition of claim 1.